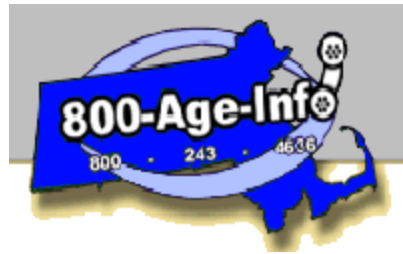


## Facts about CAREGIVING...

- Caregivers dedicate, on average, 20 hours per week to provide care for older persons and even more time when the person has multiple disabilities.
- Caregiving can be emotionally and physically demanding, particularly for older caregivers, who make up one half of all caregivers.
- One third of caregivers describe their own health as fair to poor.
- Of the older persons receiving paid and unpaid assistance, 95% have family and friends involved in their care.
- Caregiving can last from less than a year to over forty years.



For more information about the  
Massachusetts Family Caregiver  
Support Program

**Call 1-800-AGE-INFO**  
**(1-800-243-4636)**

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### TDD/TTY

Monday-Friday, 9 AM to 5 PM  
(800) 872-0166

Monday-Friday, 5 to 8 PM and  
Saturday 9 AM to 1 PM  
(781) 321-8880

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On the Internet, visit  
[www.800ageinfo.com](http://www.800ageinfo.com)

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**You are not alone.**

This document is available in  
alternative formats upon request.

## *Caring For Those Who Care*



### *Massachusetts Family Caregiver Support Program*

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Information,  
education, support  
and services for  
caregivers

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Commonwealth of Massachusetts  
Executive Office of Elder Affairs  
Mitt Romney, Governor  
Kerry Healey, Lieutenant Governor  
Jennifer Davis Carey, Secretary

## The Massachusetts Family Caregiver Support Program

empowers caregivers and elders by providing information, education, support, and services that enhance quality of life.

- Do you care for an adult age 60 years or older?
- Do you care for an adult of any age with Alzheimer's disease?
- Are you age 60 years or older and care for a child 18 years or younger, including someone with mental retardation or a developmental disability?



If so, the **Massachusetts Family Caregiver Support Program** offers services and supports, many at no-cost, that help alleviate stress and improve the quality of life for both you and your family. We're ready to help with:

- **Information** about community resources and local programs;
- **One-on-one assistance** to assess needs, identify options and provide referrals to community-based service providers;
- **Training and support services** such as stress management, assisting with activities of daily living, behavior management, caregiver support groups and referrals for counseling;
- **Temporary relief services** including in-home respite care, adult day care or emergency respite; and
- **Specialized services** may also be available in your area, such as support for caregivers who speak languages other than English, working caregivers, grandparents raising grandchildren, or gay/lesbian caregivers. Partnerships with community agencies are also in development to create new models of elder care. These services vary region to region. Please call for more information on services in your area.

**You are not alone.** Caring for a loved one can often be difficult and frustrating. Many families may not know where to turn to ask for help:

- *"I'm on call 24 hours a day. It's affecting the rest of my life."*
- *"I feel so irritable all the time... I've simply lost my patience."*
- *"My wife needs me...what if something happens to me?"*
- *"I have so many questions and don't know who can help me."*

**Turn to Us...Call Today.**

## Massachusetts Family Caregiver Support Program

**Call 1-800-AGE-INFO**

**(1-800-243-4636)**

**[www.800ageinfo.com](http://www.800ageinfo.com)**